

Church Open/Office Hours 7:30 am to 7:30 pm 7 days a week
Mass, Adoration & Reconciliation at Our Lady of Perpetual Help Parish

Weekday Mass

Mornings: Monday to Saturday 8:30 am

Evenings: Monday to Friday 6:15 pm

Sunday Mass

Saturday vigil 5:00 pm

Sunday 8:30 am, 10:30 am, 12:30 pm and 7:00 pm

Sunday Mass in Tofield: 11:00 am St. Francis of Assisi Parish

Sacrament of Reconciliation

Monday to Friday: *Immediately Following Morning and Evening Mass*

Saturday 9:30 am to 11:00 am

Adoration - Everyone Welcome, Always Open to All!

There will be **NO First Friday Adoration in April**, since the first Friday of the month is Good Friday.



Every Wednesday Holy Hour 5:15 pm prior to Evening Mass:

1st Wednesday hosted by Mary's Servants for Christ: April 5

2nd Wednesday hosted by Society of St. Vincent de Paul: April 12

3rd Wednesday hosted by CWL: April 19

4th Wednesday hosted by K of C: March 22



*For the benefit of the faithful whose health or other circumstances prevent them from attending the church in person, **all Masses and Adoration will continue to be livestreamed** from our OLPH website www.olph.ca/video/ or at facebook.com/olphsherwoodpark/videos*

WATCH the 8:30 am Mass, seven days a week, live on Telus Optik TV Channel 877.
(Must be a Telus Optik subscriber.)

LISTEN to the 8:30 am Sunday Mass live – or anytime – from your landline or cell phone.
Dial **888-OLPH-808** (888-657-4808) and then follow the simple instructions.



Our Lady of Perpetual Help Parish ~ A Roman Catholic Christian Community

Sunday March 19, 2023 ~ Fourth Sunday of Lent

We Remember, We Celebrate, We Believe

13 Brower Drive, Sherwood Park, AB T8H 1Y7 780-467-5470 www.olph.ca

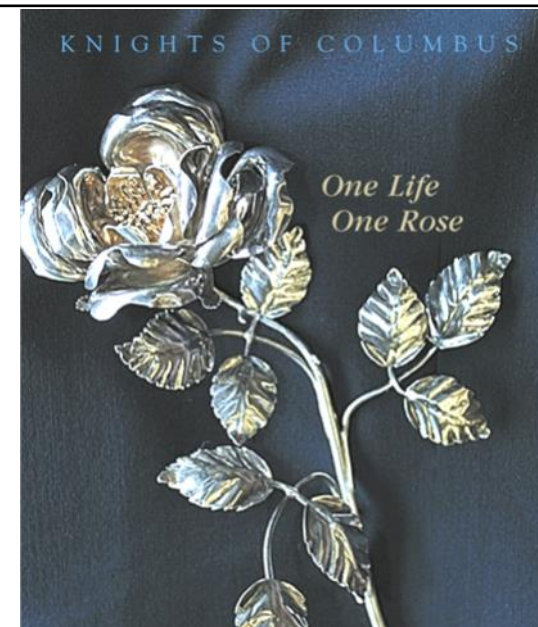
*The Knights of Columbus Archbishop MacDonald
Council 6083 invites you to experience:*

***The Silver Rose
Service & Exposition
Thursday March 23
after 6:15 pm Mass***

The Silver Rose program demonstrates the unity between Knights of Columbus in Canada, the United States and Mexico, through a series of prayer services ***promoting the dignity of all human life and honoring Our Lady.***

Each year, from early March through mid-December, Silver Roses are stewarded by Knights of Columbus councils along routes from Canada to Mexico. Every stop the Silver Rose makes throughout the pilgrimage is ***a rosary-centered occasion*** for Knights, parishioners and community members to pray for ***respect for life, for the spiritual renewal of each nation, and for the advancement of the message of Our Lady of Guadalupe.***

All OLPH Parishioners are invited to participate in this meaningful pilgrimage.



All 2022 OLPH Tax Receipts were mailed out by the end of February 2023. If you have not received it, please email the office info@olph.ca or call 780-467-5470.



Thank you



A humble and heartfelt **THANK YOU** to everyone who has continued to support the financial needs of our parish with **(PAD) Pre-Authorized Debit** or by bringing your **Sunday Giving Envelopes** to the church. OLPH is also set up to accept donations via **INTERAC E-TRANSFER at:**



OLPH.etransfer@caedm.ca

Please include your Envelope # OR address and any special instructions in the Message Box for the e-transfer, to ensure your donation is properly recorded for your annual tax receipt.



March 20 - 25

Monday ~ Martha Tudela de Viale†, Raymond Salé†, Bautista Family, Kristine Beautista, Connie Carillo, Gerald Draganiuk, Fern Adams, Jordin-Faith Ramos, Jonah Love
Tuesday ~ Mark Gramlich†, Mervyn Lynch†, Randy Fulton†, Anne Wright-Rudy†, Marvin & Gail Weleschuk & family, Maria Elena Corazon Sebastian, St Anthony of Padua, Lolit Ramilo, Elodie Kingston, Isabel Weleschuk
Wednesday ~ Karen Duhamel†, Raymond Salé†, Dominic Tsang, Adina Schroeder, Kristine Beautista, Ekemini Nsien, Joyce Hearn, Manuel Jardeleza, Lorna R Agustin
Thursday ~ Lisa Francioli†, Anthony Reghelini†, Ann Czieslik†, Kristine Beautista, Marvin & Gail Weleschuk & family, Renee Greco May, Benjamin Tsang, Janet Akpan
Friday ~ Rogelio Rada Sr.†, Rogelio Rada Jr.†, Terry Rogucki†, Bryce Clarke†, Ken Heykants†, Mua Kim, Kiana Sjogren, Huan & Theresa Ngo
Saturday ~ Bobby Moresca†, Francesca Wong†, Linda Lanto†, Chase Evan Gourlay†, Raymond Salé†, Rachelle Publico, Joan Jobber, Lerma De Torres

Condolences to Stasia Lucki & family, her husband, **George Lucki**, died on March 1 in Edmonton.



Funeral for André Moizard will be at OLPH on Tuesday March 21 at 10:30 am.
Funeral for Raymond Hamel will be at OLPH on Friday March 24 at 11:00 am.

Your OLPH Parish Team

Pastor ~ Fr. Jim Corrigan
jcorrigan@olph.ca
Associate Pastor
Fr. Vince Anthony Samy, SDB
frvince@olph.ca

Permanent Deacon
Deacon Lynn Pion lpion@olph.ca

Business Coordinator
Arden Playford aplayford@olph.ca

Pastoral Assistant
Natalie Lavigne nlavigne@olph.ca

Administrative Assistant
Jenny Velazco jvelazco@olph.ca

Administrative Assistant
Angie DeWolfe adewolfe@olph.ca

Youth Ministry
Tricia Murphy tmurphy@olph.ca

Volunteer Management
vmteam@olph.ca

Other General Inquiries:
info@olph.ca

Parish Office 780-467-5470

Website: www.olph.ca

Follow Us on Facebook:
facebook.com/olphsherwoodpark

Archdiocese of Edmonton
Website: www.caedm.ca

In Event of an Emergency,
Contact Fr. Jim at
780-470-2730 (call or text)

TOFIELD CORNER - St. Francis of Assisi Parish



Fourth Sunday of Lent - God sends His Light to us! It energizes us, refreshes us and creates luminous beauty - as our Sunday Missal tells us. Are we to keep this to ourselves, or are we to let this Light shine through us to others? Let there be Light to shine - to renew and restore our beautiful parish! In our Sunday Bulletin we will be printing quotes every week from our patron Saint Francis of Assisi to help us get to know him better. Please see his quote at the end of each bulletin. He is encouraging us to start small/the basics and work our way up, step by step. Let's do it!!

1. We are in need of a couple more people to join us in restoring St. Francis's **Parish Council**. We need your voice and support. Sign up on the sheet at the back of the church. When we have enough people we will have our first meeting.
2. There are still **Soups in a Bag** available in the foyer.
3. Don't forget - **Holy Water** for everyone - next to the Baptismal font. Bring a small bottle and take some. ♥
4. After every Sunday Mass - **coffee and snacks**.
5. Join us when you can - every Friday evening during Lent for **The Stations of The Cross** - here at St. Francis of Assisi at 7:00 pm. 🙏
6. The month of March is known as the Month of St. Joseph, husband of the Blessed Virgin Mary and legal father of Jesus Christ. He is also the patron saint of Canada! **Solemnity of St. Joseph** is this Monday March 20.

To post in the 'Tofield Corner' contact Kathy by email Kathleen.Anderson.one@gmail.com or phone 780-270-8652 or Weekly bulletin deadline is Wednesday.

"Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible!" - St. Francis of Assisi

OLPH Financial Report

Week 11 March 12, 2023	Cost of Operating the Parish	Building Fund Target Amount	Together We Serve Target Amount
Average weekly amount required (based on 2021 budget)	\$24,838.00	\$2,480.00	\$2,310.00
Donations this week	\$20,224.90	\$2,066.60	\$1,449.90
This week surplus/shortfall	-\$4,613.10	-\$413.40	-\$762.10

- **Cost of operating the parish "average weekly amount"** is based on total expenses projected in the 2021 budget.
- Building fund target average weekly amount is based on total donations projected in 2021 budget.
- Together We Serve weekly amount is based an annual target which is set by the Archdiocese.
- Together We Serve Collection - *First Sunday of every Month - April 2*
- Society of St. Vincent De Paul Poor Box Collection - *Third Sunday of every Month - March 19*

DEADLINE for Bulletin is Wednesdays at Noon. Email your announcements to Natalie at nlavigne@olph.ca

Parish & Community News



Vacation Bible Camp July 10 - 14 Volunteers Needed

Bible camp is run totally by the generosity of volunteers, who take time to ensure your child has a fun week, filled with faith and the best camp experience.

We are always looking for extra hands during the week. **Please consider helping for one or two days or more :**

- Group Leaders (Preschool, Kindergarten and Grade 3)
- For safety of our children we need extra Floaters and Supervision in our groups and areas
- Extra Hands in the Craft room
- Help cleaning up daily in the Kitchen after snacks (approx 11:00-12:30)
- 2 adults to provide supervision first thing in the morning (8:45 am and at the end of camp 12:15 pm)

All volunteers are required to have police and intervention check and "Called to Protect" Workshop (offered online).

If you are interested in being a part of our VBS team or need more information please contact Sharon Darbyshire at sdarbyshire@olph.ca



Next Preparation Session begins in April. If your child is in Grade 2 or older, email Natalie to register: sacraments@olph.ca

JETSTM Departure Board

You can find out the rest of this season's exotic destinations by clicking on the JETS website found at <https://jets-olph.com>. Also at this address you will discover info on our past flights, lots of photos and an inspirational page. Check often and when you need to book a getaway!

== java, exercise, talk and service ==



Society of Saint Vincent de Paul

CHARITY SALE

Antiques • Jewellery • Housewares & More



Don't miss it --
new stock added daily!

March 23-25, 2023

Thursday-Friday 12 noon-7 pm
Saturday 10 am-4pm

St. Andrew's Centre Auditorium
12720 - 111 Avenue, Edmonton

Proceeds help support the society's work with those living in poverty

What's Happening at OLPH

Join us EVERY FRIDAY during Lent, for Mass at 6:15 pm followed by STATIONS OF THE CROSS led by groups from our parish.

Friday March 24
Catholic Women's League

Friday March 31
ALPHA Team



Saint Vincent de Paul

**Poor Box
Collection THIS
WEEKEND**



**LENTEN DAY OF
CONFESSIONS**
Saturday, April 1

Several Priests will be in the church all day (9:00 am - 4:30 pm) for the Sacrament of Reconciliation.



Presence

THE MYSTERY OF THE EUCHARIST

Saturday, April 1
12:30 - 4:00
Live online via Zoom

What is so special about the Eucharist? Although the Eucharist appears to be simple bread and wine, it is actually the "source and summit" of the Christian life. In this half-day workshop, we will explore the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members.

To register, contact Alana at alaperle@telus.net or call/text 780-446-9009.

Presented by: Growing in Faith Together
Our Lady of Perpetual Help Parish, Sherwood Park



40 DAYS FOR LIFE
THE BEGINNING OF THE END OF ABORTION

As part of this year's campaign, CWL is hosting a **DAY OF PRAYER** on Friday March 24, 8:00 am - 8:00 pm.

Sign up to **pray for an hour** at the Church or at home:

<https://volunteersignup.org/4MPWD>
or just pray on your own whenever time permits!

All are welcome to participate.



** 40 Days for Life is an internationally coordinated 40-day campaign that aims to end abortion locally through prayer and fasting, community outreach, and a peaceful all-day vigil in front of abortion businesses.*

Fasting

At the beginning of Lent, we spoke about pillar number one of our Lenten journeys. That being prayer, our primary mode of communication with the Lord. An important way for us to grow in our relationship with Jesus, in part, because to pray, we need to take the time to spend it with the Lord. No one would deny the importance of pray as a means of our spiritual growth during Lent, or at any other time of year for that matter. Holy Hours and Stations of the Cross, during Lent, are a great way to augment the spiritual practices, (prayer) we may already be doing on a daily basis.

So, what about pillar number two: Fasting? Where does the concept of fasting come into our experience of the Lenten journey? For starters, fasting is not a practice that evolved out of Christianity. The Jewish people in the Old Testament refer to fasting on a regular basis. It is probable that fasting has existed as a form of devotional practice for a long time prior, even to the genesis of Judaism.

During Lent, when we mention the word *fast*, our minds tend to go to abstaining from meat on Fridays or perhaps “giving something up” for Lent. That might be coffee, chocolate, junk food, or one of those little treasures that we genuinely enjoy. It might be simply cutting back our TV viewing in the evening from two hours to one hour, for example. Or something similar if video games are your thing for entertainment. **So, why do we fast?** I propose a couple of reasons that might be helpful for reflection.

When we remove something from our lives, e.g., an hour of TV or facebook time, the result is that there is now room for something else. If you are a student, that might mean you have extra time to spend on a subject that you struggle with. As a an adult you may all of the sudden find the time you were looking for to take care of some duties around the home, or your man cave, that you have been putting off because of time constraints. At the end of the day, you have given up something good, that has allowed you to embark on an opportunity to do perhaps a greater good. From a spiritual perspective, we think of fasting as giving up something good for the greater good. The greater good, of course, is the person of Jesus Christ.

What about the prayer we spoke about at the beginning of our reflection? Do you have a standard prayer regime that you follow on a daily basis? Is this the opportunity to now *up your game* a wee bit? It does not have to be large or spectacular. Some extra Hail Marys dedicated to perhaps another area of need of which you are aware. This is a great way to gradually increase, over time, the amount of time you spend with our Lord Jesus, the giver of all that is good.



Fasting is not limited to abstaining from a physical entity, though it is a good visual place to start. What about fasting from fear? There are many things in our world that can cause us anxiousness and trepidation, yet it is the Lord who walks with us our journey. “*If God is for us, who is against us?*” (Rom 8, 31) We know this intellectually, but we are not that good at living it some days. I often think when I read that Scripture, “If God is for us, who is against us,” that we should include, “*and for that matter what does it matter who is against us? We have God on our side.*”

From a personal and spiritual growth perspective, what about fasting from judging others? Most of us would acknowledge that we are fairly good at judging the actions and intentions of others. Perhaps we are not so proficient in our own back yard in these areas. **Remember our goal here: *I want to be a better person at the end of my Lenten journey, than I was at the beginning of Lent.*** We are not striving for perfection, we are striving to become better versions of who God has created us to be. I offer this, because we may have a tendency to say, “I don’t think I can ever stop judging others, so I do not even want to try.” My friends, remember, we are going for gradual improvement on our spiritual journey over many, many years. The way we grow is by naming our area of concern and then taking concrete actions to accomplish it to the best of our imperfect human abilities. If you are fasting from something, and you fall short one day or two days or three days, recognize that tomorrow is another day. Start over. It is all good. Our Lord knows our hearts my friends. He knows we will not be perfect, but He needs to know that we are trying.

If you have decided to do something that is causing you some distress, missing that morning cup of coffee, offer it up as a sacrifice for those you love, for those who need prayer. You create a double whammy this way. You are doing something that is good for you and you are “willing the good of the other,” the very definition of love. That my friends, is what the Christian journey is all about; To love others as our Lord Jesus loves us. Next week we can speak about almsgiving.

Blessings, *Fr. Jim*

March 26 is Solidarity Sunday: SPECIAL SHARE LENT COLLECTION for Development & Peace (Caritas Canada)

Your donation transforms the lives of some of our most vulnerable sisters and brothers across the world. Development & Peace is the official international development organization of the Catholic Church in Canada and the Canadian member of Caritas Internationalis. For more information, contact Julia Hamlyn at 780-410-1690 or julia.hamlyn@gmail.com.

